



Foods! What and Where to Buy—How to Cook and Serve



No Factory Has Yet Turned Out Any Mincemeat as Good as the Home-Made

By LENA OSBORNE

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Home made mincemeat—Is there anything that can beat it when it's well made?

The fat raisins, well-rounded currants—juicy apples, meat—actually enough meat so you can tell it's there—good spices, good vinegar and apple cider a plenty. Who in the world can think of anything better?

I was in a home only once—last evening when the whole house was faintly perfumed with that sweet-spiced, vinegar flavor, which tells plainly that something "has been doing" in the kitchen that day.

"Yes," by hostess tells me, "I have been making mincemeat. Every year about this time I make several quarts. Some of my friends call me old-fashioned, because I still hang to the belief that I can make it better than that on the market. But I notice they are mighty pleased when I sent them a big fat, juicy pie as a little extra gift."

"Isn't that the truth?" I couldn't help but remark. While I appreciate what the commercial industries have done to make housekeeping easier, and meal-preparation less a drudge—still this is one case where they fall a little short. Or it may be I have never tasted the "best brand" on the market.

To me there is just as much difference between the flavor of "boughten" mincemeat and the real home made kind, as there is between a cage home sitting-room and a hotel parlor. Does this explain what I mean?

Here are the necessary things you must have to make mincemeat—the amounts of each used depend upon the recipe and the amount you want to make.

Meat (neck or boiling meat.)
Suet
Apples
Currants
Raisins
Pure apple cider vinegar.
Spices:

a. Cinnamon.
b. Ground cloves.
c. Allspice.
d. Mace.
e. Nutmeg.

Salt.
Sugar.

These are what we call the necessary ingredients. There are many others that may be put in. For instance: Citron, Orange juice, Lemon juice, Nuts, Molasses, etc.

Some women like to experiment with their foods and are likely to add most anything to a dish, just to make it a little different. I am going to give you the amounts for a small batch of mince—with just the necessary ingredients—then you may use your judgment about putting in any or all of these. The amounts used are a matter of taste any way.

When making mincemeat, it is almost necessary to have scales for weighing the ingredients. So many of them should be proportioned by weight instead of measure. These amounts when combined make a splendid mincemeat:

2 pounds neckmeat.
6 pounds chopped apples.
2 pounds crumbled kidney suet.
2 pounds currants.
2 pounds raisins.
6 cups sugar.
1 tablespoon cloves.
1 tablespoon allspice.
3 tablespoons cinnamon.
1 tablespoon salt.
2 cups pure apple cider vinegar.
1 nutmeg grated.
3 pints fresh cider.

Cut the meat in small pieces. Put in a kettle, pour over boiling water to more than cover and cook at the simmering point until tender. This will take about three hours. Cook, then grind with the coarse knife. The meat should not be too fine to be the best.

Put the seeded raisins apart, before putting them in. Wash the currants until you are sure they are clean. There is so much danger of sand and grit clinging to them.

Use only kidney suet for this. The fat around the kidneys of the beef, has no connective tissue holding it. This suet will crumble when very cold, with little effort on your part. It is the best.

Mix all the ingredients given above, together in a big kettle. If there is any of the meat juice from cooking the meat, strain it and put it in, too. Mix these with a wooden spoon until well mixed then put a very slow fire under the kettle and slowly bring to the boiling point, stirring to keep from scorching. This is the only hard work about making mincemeat—this stirring and mixing.

Let this heat for several minutes.



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Then cool. Let set over night, then reheat to boiling point again and cook for 20 or 30 minutes then put in jars and seal. If put in a cool place, it should keep perfectly for months.

There's a good reason for using mincemeat. First place its cheap as meat is priced. But best of all, it is very highly flavored and nutritious. I suggested it be put to

cook in boiling water, because pouring the boiling water over the meat sort of "soaks-in" the flavor and juice, then if cooked slowly until tender, it retains most of the flavor. Then by pouring the liquid from the cooking vessel in the mincemeat, all the meat flavor is retained.

Since the seasoning is a matter of taste, it is best to sample the batch as it is cooking. A little more salt

may be needed or a little more vinegar. The seasoning of mincemeat is one of its fine points—so work it out carefully.

Ohio's Corn Crop. Although this year's corn crop in Ohio is 30,000,000 bushels less than that of last year, the amount of corn still held by the farmers increases the total supply this year almost to an equality with that of last year, according to C. J. West, agricultural statistician. The quality of the corn is very good.

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Irish potatoes, per peck	38c	Celery hearts, per bunch	25c

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Good Standard	9c	Navy Beans, 4 lbs.	24c
Iowa Corn	14c	1 gal. Pineapple, Crushed in	60c
Hale's Leader	14c	Juice	60c
Brown Beauty Potatoes, peck, 15 lb.	34c	1 gal. Peaches per can	58c
10c	5c	One Can Pink Salmon	11c

MEAT MARKET

Butter, per lb.	40c	Pork Roast	15c
5 Pounds	68c	Beef Roast	10c
Lard	10c	Plate	7½c
10 Pounds	\$1.35	Boil	15c
Lard	14c	D. S. Bacon	15c
Sugar Cured	23c	Smoked Bacon	20c
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6-lb. size	\$1.00	1 lb. Fat Leader	29c
Crisco	\$1.50	Coffee	
8-lb. size	\$1.50		
4-lb. bucket Advance Shortening, net weight	58c		
8-lb. bucket Advance Shortening, net weight	\$1.15		
Pork Shoulder	17c		
Roast	17c		
Good Pork	17c		
Chops	17c		
Nice Fresh Spareribs	17c		
Choice Pot	12½c		
Roast	12½c		
Prime Rib Rolled	22½c		
Roast	10c		
Lamb Shoulder	10c		
Roast	5c		
Choice Veal	12½c		
Roast	7½c		
Breast of Veal for stewing	25c		
Wilson's Ham, whole or half	40c		
Wilson's Premium Bacon, whole or half	18c		
Picnic	17½c		
Bacon	23c		
Squares	23c		
Good Smoked Bacon	50c		
Choice center cuts of Swift's Premium or Wilson's Certified	38c		
Best Breakfast Bacon, sliced, 1-lb. package	33c		
Gen Nut, colored	23c		
Gen Nut, uncolored	28c		
Swift's Premium Margarine	10c		
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Armour's Star Bacon	10 lbs. Pure White Cane Sugar
Cudahy's Puritan Sliced Bacon	1 peck, 15 lbs. Good Potatoes
Armour's Swift's 1-lb. carton Sliced Bacon	24 lbs. Red Star or Expansion Flour
Nice Dry Salt Meat	24 lbs. Good Hard Wheat Flour
Choice Rolled Rib Baby Beef	No. 2½ can Peaches, halves, in syrup
Roast	No. 2½ can Apricots, in syrup
Choice Round, Swiss or Loin Steak	No. 2½ can Hale's Leader Whole Sliced Pineapple in heavy syrup
Choice Milk-Fed Veal Shoulder Roast	No. 2 can Red Pitted Cherries
Choice Side	1 large size Campbell's Pork and Beans
Choice Loin Pork	1 large size Rolled Oats
Choice Pork Shoulder Roast	3 cans tall Nyko Milk
Sausage	No. 2½ can Extra Good Pumpkin
Choice Calf Hearts	No. 2 can Fancy Extra Sifted Peas
Choice Calf Tongues	10 lbs. Good Cooking Navy Beans
Genuine Leg Spring Lamb	2 packages, 2-lb. Comet Rice
Genuine Shoulder Spring Lamb	1 lb. Hale's Leader Coffee
Genuine Lamb Chops	1 lb. Folger's Golden Gate Coffee
	Three 10c or two 15c Breads

Doesn't it grate on your nerves to grate Chocolate?

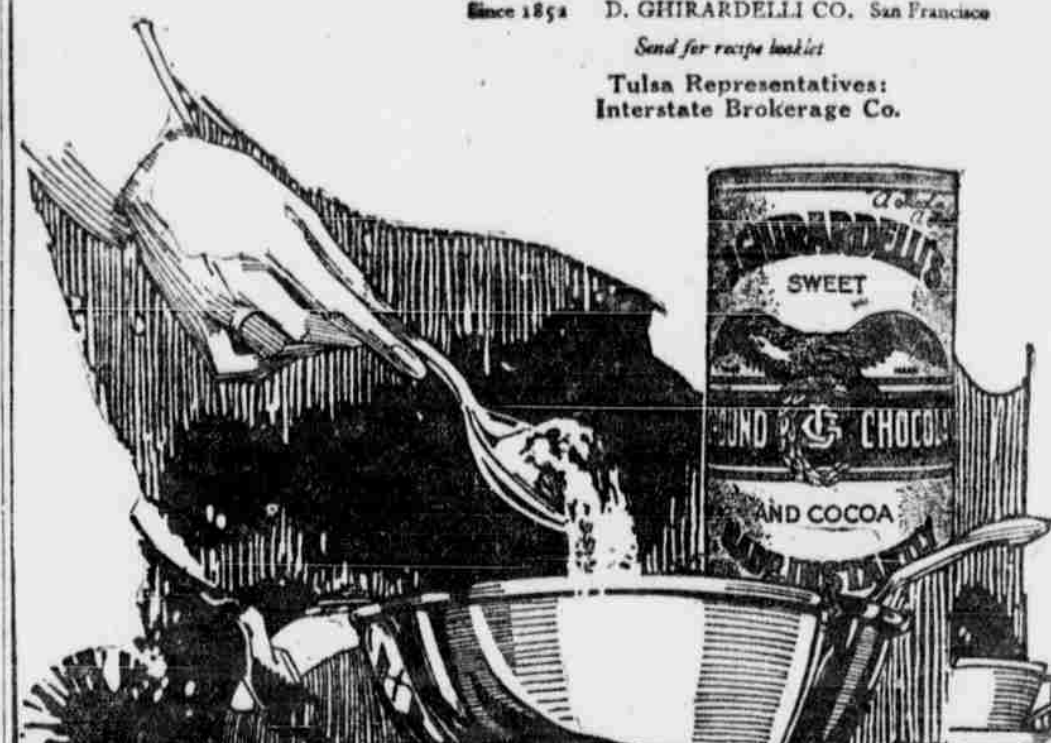
It won't—if you use Ghirardelli's Ground Chocolate. For it comes perfectly pulverized, ready for the spoon. At your grocer's—in ½ lb., 1 lb. and 3 lb. cans.

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